

Muscle Building Supplements

Leucine and beta-hydroxy beta-methylbutyrate (HMB). Stay away from muscle-building products that contain testosterone, prohormones, “natural steroids,” or hormone boosters.

Muscle Building Supplements HMB and Others SPORTS NUTRITION SERIES

This is something I do not take because I eat an animal based diet of yogurt, eggs, chicken/turkey, and seafood. Leucine and beta-hydroxy beta-methylbutyrate (HMB) according to N. Clark have shown promise in promoting muscle health. The essential amino acid leucine acts as a metabolic trigger to stimulate muscle growth. HMB is a by-product of leucine metabolism. In athletes, HMB may reduce muscle protein breakdown and improve recovery (Wilson et al. 2013). Yet, performance studies suggest that HMB does not enhance muscular growth or strength in young men (Teixeira 2019). Athletes who consume animal sources of protein get plenty of leucine in their daily diets and have no need to take leucine supplements. Vegan weightlifters, however, have to plan their diets carefully to ensure adequate intakes throughout the day of protein in the form of soy, seeds, nuts, and beans if they want to optimize the response from their programs. Although a 6-ounce (180 g) serving of beef contains about 5 grams of leucine, a cup of edamame (soybeans) offers only 1.6 grams of leucine and a cup of lentils, only 1.3 grams.

Whatever you do, stay away from muscle-building products that contain testosterone, prohormones, “natural steroids,” or hormone boosters. You have no idea what is actually in them. The chances are good they contain illegal substances that have not been tested in humans for liver toxicity or harm to the heart.